**Cranial Sacral Therapy**

Cranial Sacral Therapy is a technique based on Cranial Osteopathy. Like Cranial Osteopathy, Cranial Sacral Therapy seeks to restore the natural rhythmic movement found between the bones of the skull. It does the same for the movements of the sacrum. CranioSacral Therapy is a gentle, hands-on method of evaluating and enhancing the function of a physiological body system called the CranioSacral system. The purpose of this is to aid the circulation of the cerebrospinal fluid throughout the central nervous system. The cerebrospinal fluid is produced and absorbed by the body on a regular rhythmical basis. Here’s how it works: inside your cranium, there is a membrane called the dura mater that adheres to the bone. Beneath the dura mater, before the next layer of membrane, is cerebrospinal fluid. Similarly, in the spine, there is the bone of the vertebra, a layer of membrane within the vertebra and then cerebrospinal fluid before the next layer of membrane. In both places, the cranium and the spine, there is a total of three layers of membrane between bone and the brain or spinal cord.

Rather than work on the bones and sutures in the head the Cranial Sacral Therapists believe that the natural movements at the skull bones come from the membrane or dura matter that lines our nervous system structures, namely the brain and spinal cord. For this reason, their focus is on those membranes.

Cranial Sacral Therapy is often given by massage therapists and bodyworkers, who have engaged in further study and skill development.

Like the pulse of the cardiovascular system, the CranioSacral system has a rhythm that can be felt throughout the body. Personally I have really enjoyed cranial sacral therapy for many years. I can, like the therapist, feel this rhythm , which feels a bit like breathing only more subtle.

Using a touch generally no heavier than the weight of a small coin, skilled practitioners can monitor this rhythm at key body areas to pinpoint the source of an obstruction or stress. The therapist may start at the feet and move toward the head or start at the sacrum and move to the head. There are key evaluation areas such as the ankles, head, neck, lower back, which the therapist use to assess the state of the client's CranioSacral system. Once a source of obstruction or blockage has been determined, they can assist the natural movement of the fluid and related soft tissue to help the body self-correct. This simple action is often all it takes to remove a restriction. There may be times when Cranial sacral Therapy is combined with other complementary therapies such as flower essence therapy, aromatherapy, visualization, or affirmations, to help restore the body to it's optimum functioning level.

In a typical CranioSacral Therapy session the client remains clothed and lies on their back (if possible) on the massage table. Limbs may be picked up and moved gently and slowly as the body tissues are allowed to 'unwind' themselves.   
A typical session lasts an hour - though half-hour sessions may be better for children and infants.

Why should you try Cranial Sacral Therapy?

CranioSacral Therapy may prove to be useful for a wide scope of health problems, including:\*

* Headache
* Migraine
* Irritable Bowel Syndrome
* Digestive problems
* Chronic back pain
* Depression
* Strokes
* Brain and spinal cord injuries
* Problems of the brain, spinal cord, and nervous system
* Multiple Sclerosis
* M.E.
* Menstrual problems
* Menopausal problems
* Arthritis (osteo & rheumatoid)
* TMJ dysfunction (jaw problems)
* Chronic Pain Syndrome
* Post-operative adhesions
* Dyslexia & Dyscalclia
* Allergies
* Neuralgia
* Sinusitis
* Tinnitus
* Vertigo
* High & low blood pressure